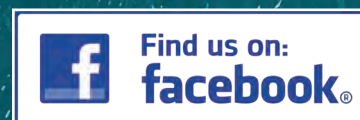




# RECREATION TIMES

Cody Parks, Recreation & Public Facilities  
JUNE through AUGUST 2019



307-587-0400

[www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)





# A Look Inside

## READY FOR AN ACTIVE & ENGAGING SUMMER?

Athletic, Aquatic, Fitness & Recreation staff have put together programs & activities to keep you & your family fit & having fun this season. The following pages are FULL of programs for all ages & abilities. Additional offerings may be available during this time that are not listed in this guide. Watch for fliers & other details at the Front Desk, on our Facebook page ([www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter)) or on the City of Cody website ([www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)).

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### PROGRAM REGISTRATION OPENS MAY 16 AT 5:30 A

*Registration materials also available on the City's website at [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)*

In-person registrations have priority on this date and any mailed, e-mailed or faxed registrations will be processed after all walk-in registrations are complete based on class space availability.

Program fees listed in this brochure cover the entire activity period, except programs involving additional sessions, & are subject to change. Classes are limited & fill on a first-come basis. Patrons are encouraged to register early. Registration for all programs & classes for minors must be made by a parent or legal guardian.

To save time at registration, please use the registration forms available online on the Parks & Recreation pages. For assistance, contact staff at 307-587-0400.

# PAUL STOCK AQUATIC & RECREATION CENTER DAILY & MEMBERSHIP PRICING

Member  
Info  
**i**

## HAVE YOU CONSIDERED THE BENEFITS OF A MEMBERSHIP?

- Discounts on adult fitness & aquatic exercise classes
    - Free locker during each visit
    - Access to all Rec Center features
  - Discount at Olive Glenn Golf Course  
(10% off green fees)
    - Discount at Mini Golf
- Prices are subject to change!

**Mission Statement:**  
The City of Cody Parks, Recreation & Public Facilities Department will provide attractive parks, facilities & innovative recreational opportunities to enhance the quality of life for everyone.

Get ALL the latest Recreation Center news on the City of Cody website! Sign up for our CODY REC CONNECT e-newsletter & other news flashes at [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)

OUR VISITORS	ANNUAL MEMBERSHIP	DAILY FEE LOCKERS & TOWELS NOT INCLUDED	10 PACK GUEST PASSES LOCKERS & TOWELS NOT INCLUDED
4 Years Old & Younger	FREE	FREE	
5 to 15 Years Old	\$156	\$4.50	\$31.50
Active Military	\$315	\$4.50	\$42
Adult, 18+ Years Old	\$315	\$8.50	\$68
Full Time Student, 16 + Years Old <i>College students must show class schedule</i>	\$219	\$5.50	\$42
Non-Resident Adult	\$315	\$13	\$68
Non-Resident Youth or Student	\$156 or \$219	\$7	\$31.50 or \$42
Last 2 hours of the day (everyone)		\$2.50	
Shower ONLY		\$5.50	

OTHER ANNUAL PASSES	FEES
Golden Individual, 65+ Yrs	\$282 10% discount
Golden Couple, 65+ Yrs	\$450 10% discount
Additional Adult/Senior	\$189/\$168
Additional Youth or Student	\$63/Youth 5 Yrs+; \$30 5th Child+
Corporate Individual*	\$255
Corporate Family*	\$507

\*Sign up through your employer.

A family is defined as any immediate family member residing within the same household, and any dependant living in the household who can be claimed according to IRS guidelines.

**MONTHLY & 6 MONTH MEMBERSHIPS AVAILABLE!**  
CALL FOR DETAILS.



**Electronic Funds Transfer (EFT) monthly**  
Payments are available for annual Rec Center memberships (excluding Corporates). For additional membership details, call 307-587-0400 or e-mail [cindyv@cityofcody.com](mailto:cindyv@cityofcody.com)



## General Info



Become a fan of the Recreation Center on Facebook! Receive up-to-date information on all our latest aquatic, athletic, fitness & recreation programs. Go to [www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter) to become a fan today!

## DAILY LOCKER RENTALS

### SMALL LOCKERS

\$.50 (free for members)

### MEDIUM LOCKERS

\$.75 (free for members)

### LARGE LOCKERS

6 months \$90; 3 months \$45

### \$10 CHARGE TO REPLACE LOST KEYS.

The Rec Center is not responsible for any lost or stolen items. Please secure all belongings while using the facility!

## TOWEL RENTALS \$1

**DISABILITIES:** The City of Cody Parks, Recreation & Public Facilities Department complies with the Americans with Disabilities Act. Anyone within the community needing reasonable accommodations to participate in activities is encouraged to call 307-587-0400.

**MEDICAL INSURANCE:** The City of Cody does not provide medical insurance to cover participants during activities. This is the responsibility of each individual involved in any program or activity.

**PHOTO POLICY:** The City of Cody reserves the right to take & use photographs of individuals using the Cody Recreation Center &/or participating in programs sponsored by the City of Cody. Such photographs are the property of the City of Cody & may be used in brochures, advertisements & other promotional materials. To opt out, please contact staff at 307-587-0400.

**PERSONAL CONDUCT:** Personal conduct within City of Cody facilities must not jeopardize the safety & enjoyment of others. Patrons of the Recreation Center who disregard rules or vandalize the facility may be evicted & possibly prosecuted. The Department will not tolerate any behavior &/or conduct that is considered disruptive or destructive. Behavioral problems may result in expulsion from the program or facility without reimbursement. For details on Department rules & regulations, please contact staff & request a copy of the "Rules of the Game".



## ACTIVITY RESCHEDULING & CANCELLATIONS

Due to facility scheduling by other groups, weather conditions & maintenance, it is sometimes necessary to reschedule & relocate activities. Cancellation decisions will be made as soon as possible before class or activity time & posted on Facebook or with local media. Class participants, coaches & team captains also will be notified by recreation staff as appropriate.

## AQUATIC & RECREATION CENTER FEATURES

- Gymnasium with 3 Full Length Courts
- Cardiovascular & Weight Training Exercise Equipment
  - Free Weight Room
- Suspended Walking & Jogging Track
  - 2 Racquetball Courts
  - Multipurpose Space
- 8 Lane x 25 Yard Lap Pool with Diving Board
- 3,500 Square Foot Leisure Pool - Depth 0 to 3½ Feet
  - Toddler Fish Slide
- 170 Foot Long Water Slide (for everyone taller than 3'6") & Water Activity Equipment (Features turn on at 1 P weekdays & Noon on weekends)
  - Therapy Pool with ADA lift
  - Jacuzzi Spa (for patrons 13 years & older)
- Wet Steam Room (for patrons 18 years & older)

## WATER TEMPS

Lap Pool: 80- 82 degrees  
 Leisure Pool: 87-89 degrees  
 Therapy Pool: 90-92 degrees  
 Hot Tub: 102-104 degrees  
 Wet Steam Room: 110-115 degrees

## Recreation & Aquatic Info



## AQUATIC CENTER INFO

An individual (16 years or older) is required to be directly in the water with children younger than 8 years old OR shorter than 3'6" tall unless they are capable of passing a swim test with a lifeguard. One adult may accompany up to four children in the water. This policy makes the Aquatic Center a safer place for everyone.

Family members who are not big water fans are welcome to enjoy the fun from the pool deck in shorts & a T-shirt.

Children in diapers are allowed in the pool as long as they wear swim diapers or snug fitting rubber pants over the diaper underneath a bathing suit. Swim diapers are available to purchase at the Front Desk for \$2 each.

LEISURE POOL IS CLOSED MONDAY-FRIDAY, 8 TO NOON, DURING SUMMER SWIM LESSONS! There will only be one lap lane available from 8 to noon during swim lessons & practices.

## SWIM TEAM PRACTICES

**CKATS:** Monday - Thursday  
 June 3 - August 1 (excludes July 1 - 4)  
 10:30 A - 12 P

**CHS GIRLS:** First practice Monday, August 19  
 Practice schedule TBA

\* Lap lane availability will be limited during practices times

## BIRTHDAY PARTIES AT THE REC CENTER

Birthday party packages are based on a MAX OF 10 GUESTS FOR TWO HOURS. Additional fees will be assessed for more than 10 guests. Parents & siblings free. Full day facility admission included.

Parties may be scheduled at the following times ONLY:

**FRIDAY ~ 2:30 to 4:30 P**

**SATURDAY ~ 10 A to Noon**  
 (Toddler Pool Party)

**12:30 to 2:30 P or 3 to 5 P**

**SUNDAY ~ 12:30 to 2:30 P or 3 to 5 P**

Party reservations must be made ONE WEEK prior to the date of the party & the party must be paid for when the reservation is confirmed. A \$45 fee will be charged for late reservations.

Call 307-587-0400 or stop by the Rec Center for Additional details.

**PLEASE NOTE: A \$40 FEE WILL BE CHARGED FOR EXCESSIVE CLEAN UP.**

### 1. BIRTHDAY BLOWOUT (\$85)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- Birthday child's name on outside marquee
- Happy Birthday sign in reserved area
- Disposable camera (wet or dry)
- Basic party decorations; Refreshments NOT included

### 2. BIRTHDAY BLOWOUT EXTRAVAGANZA (\$155)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- 1/2 of leisure pool or 1 gym designated for your use along with exclusive toys
- Birthday child's name on outside marquee
- Happy Birthday sign in room
- Disposable camera (wet or dry)
- 3 Pizzas (Choice of single toppings)
- 3, 2-Liter sodas
- Birthday cake
- Decorations & tableware



	Amphitheater/Bandshell	Outdoor Basketball	BBQ Grill	Dog Park	Drinking Fountain	Electrical	Fishing	Open Green Space	Horseshoe Pits	Pathway/Trail	Picnic Tables	Picnic Shelter	Play Equipment	Restroom	Skate Park	Tennis Court	Volleyball	Additional Amenities
<b>Beck Lake Park</b> 2401 14th Street			X	X			X			X	X	X		X				X
<b>Canal Park</b> 1444 Alger Avenue	X					X		X		X	X							
<b>Circle Drive Park</b> 16th Street								X										
<b>City Park</b> 908 Sheridan Avenue	X		X		X	X		X			X	X	X	X				
<b>Dacken Park</b> Kerper N & South & 22nd St		X	X					X			X	X	X	X				
<b>Don Little Park</b> 426 River View		X	X					X			X	X	X					
<b>Donny Anderson Mini Golf Course</b> 902 Sheridan Avenue														X				
<b>Dorse Miller Park</b> 2500 Carter Avenue		X	X					X			X	X	X	X		X		
<b>East Sheridan Softball Complex</b> 3708 Sheridan Avenue					X	X							X	X				
<b>Glendale Park</b> 1906 14th Street		X	X		X			X			X	X	X	X		X		
<b>Horseshoe Park</b> 1302 Horseshoe Drive											X		X					
<b>Hugh Smith Park</b> 131 19th Street			X		X	X		X	X		X	X	X	X			X	X
<b>Mentock Park</b> 901 Blackburn Avenue			X		X	X		X	X		X	X	X	X	X			X
<b>Nielson Park</b> 17th & 18th Streets		X						X			X		X				X	
<b>Paul Stock Nature Trail</b> 801 Spruce Drive							X			X	X			X				
<b>River View Park</b> 901 Riverview Drive		X	X					X			X	X	X					X
<b>Shoshone Riverway Trail Access</b> 1113 Riverview Drive							X			X	X	X		X				
<b>State of Wyoming Veterans Memorial Park</b> 2519 26th Street							X							X				
<b>Ted Ebert Park</b> 2908 Bass Avenue			X					X			X	X	X					
<b>Valley View Park</b> Wallace & Rio Vista		X	X					X			X	X	X					

\* There are additional parks & City maintained spaces not included in this chart. For more information on these as well as additional amenities, contact Parks Supervisor, Eric Asay, [easy@cityofcody.com](mailto:easy@cityofcody.com).



# PARKS & PUBLIC FACILITIES

The City of Cody proudly offers park amenities & public facility rental opportunities for groups of most sizes for a variety of special functions.

Facilities  
Info



Rental equipment includes tables, chairs, projectors, bleachers, & pipe & drape. Horseshoes, volleyball systems & various other recreation equipment also available. For details on checkout & reservations, please contact the Front Desk at 307-587-0400.

## PARK RESERVATIONS

Park reservations are approved on a first-come, first-serve basis for \$25 per reservation. Alcohol permits are available, with approval, for an additional \$50 fee. Some picnic shelters & special features require additional approval and/or fees. Call 587-0400 for more information.

## TRAIL SYSTEMS

### Beck Lake Park - 2401 14th Street

Beck Lake Park includes over 2 miles of paved trails, encircling two large reservoirs with spectacular views of Cody & beyond. The park also features a developed Braille Trail (.3 miles), picnic shelters, handicapped accessible fishing piers, floating docks & restrooms. The Beck Lake Park area is also home to the Mountain Bike Trail system & Bike Park.

### Shoshone Riverway Trail - 1113 Riverview Drive

A 1.3 mile trail follows the scenic Shoshone River & is accessible from two locations in the community. The recycled asphalt base allows for walking, jogging & biking. A restroom is located at the west trailhead.

### Paul Stock Nature Trail - 801 Spruce Drive

The 1.3 mile gravel trail features interpretive markers, park benches & a restroom.



## FACILITY RENTALS

**CODY AUDITORIUM:** \$375 per event; \$100 per extra consecutive day.

**CODY CLUBROOM:** \$100 per event; \$50 per extra consecutive day.

**CLUBROOM KITCHEN:** \$100 per event; \$50 per extra consecutive day.

*Event defined as 1/2 day set up, event day, 1/2 day tear down. Rates apply to commercial & non-commercial events.*

## EQUIPMENT RENTALS

### TABLES:

3' x 6', \$3.50 each

3' x 8', On-site only, \$3.50 each

Round Tables, 5', On-site only, \$3.50 each

### CHAIRS:

\$5.50/dozen

**Additional equipment available.**

*50% discount on tables & chairs for groups that set and remove all chairs and tables.*

The Cody Auditorium, Clubroom & Kitchen are located at 1240 Beck Avenue & can be rented for a wide variety of special events, from banquets & weddings to auctions and more.

## BECK LAKE

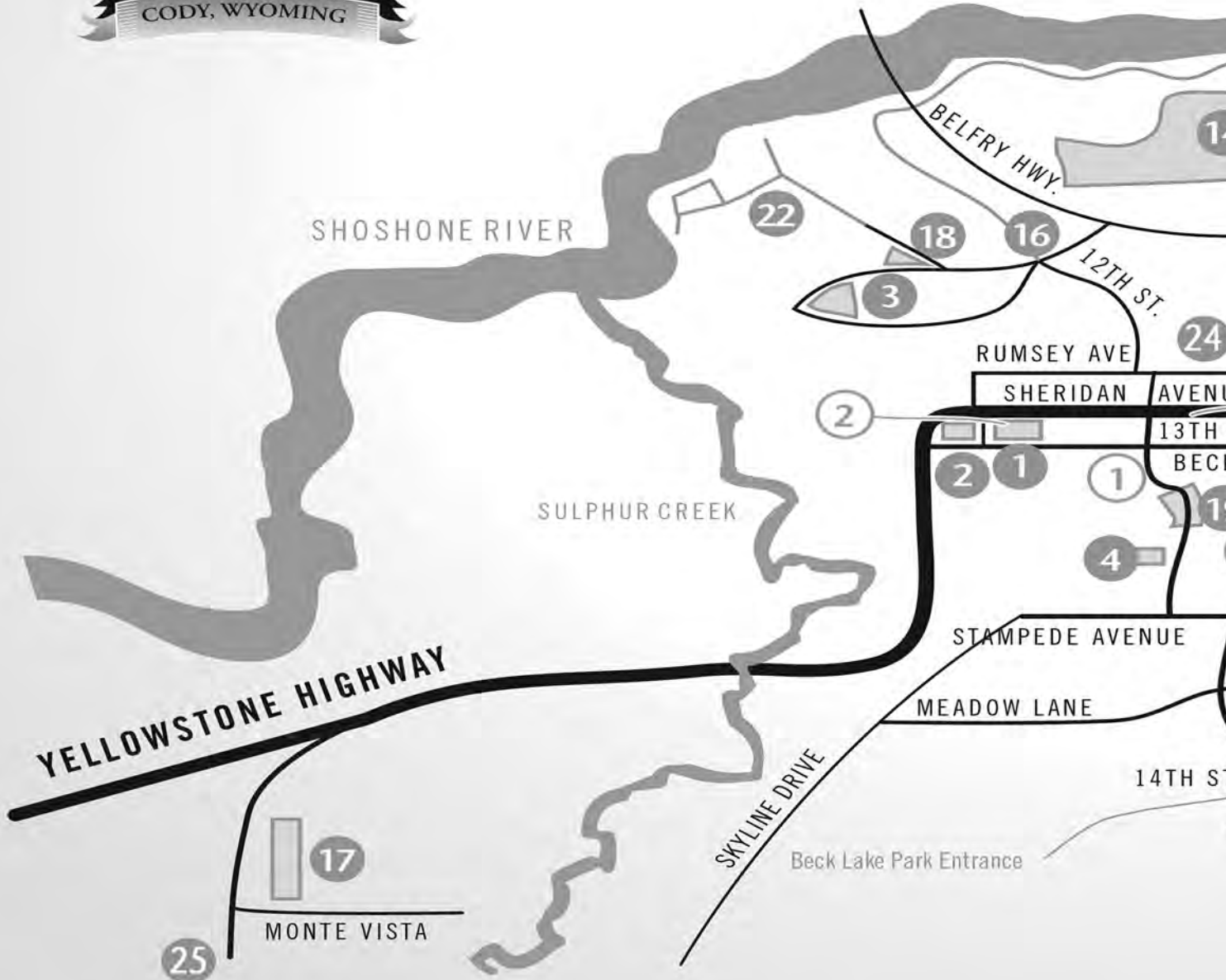
### MOUNTAIN BIKE PARK & TRAILS

The Beck Lake Bike Park and Trail System includes over 10 miles of skill building trails, jumplines, pumptrack & drop zone! The project is a joint effort between Park County Pedalers, City of Cody, Bureau of Land Management (BLM), Shoshone Recreation District and the State of Wyoming Recreational Trails Program. This exciting trail system is accessed via Beck Lake Park, 2401 14th Street. For more information, including maps, see [www.parkcountypedalers.org](http://www.parkcountypedalers.org).

# Map of Cody Parks & Public Facilities



- ① Cody Auditorium
- ② Miniature Golf Course
- ③ Paul Stock Aquatic and Recreation Center
- ④ Cody Main Street Restrooms





- |  |                                      |
|--|--------------------------------------|
| 1 City Park                            | 18 River View Park                   |
| 2 Paul Stock Park                      | 19 Heart Mountain Street Landscaping |
| 3 Don Little Park                      | 20 Ted Ebert Park                    |
| 4 Horseshoe Park                       | 21 Meadowbrook Park                  |
| 5 Glendale Park                        | 22 Paul Stock Nature Trail           |
| 6 Beck Lake Park                       | 23 Canal Park                        |
| 7 State of WY Veterans Memorial Park   | 24 Roger Sedam Pocket Park           |
| 8 Dacken Park                          | 25 Chugwater                         |
| 9 Greybull Hill                        | 26 Holm View                         |
| 10 Dorse Miller Park                   | 27 Trail Head                        |
| 11 Mentock Park                        | 28 Date Street Trail                 |
| 12 Circle Drive Park                   | 29 Service Club Park                 |
| 13 Nielson Park                        |                                      |
| 14 Hugh Smith Park and Recreation Area |                                      |
| 15 East Sheridan Softball Complex      |                                      |
| 16 Shoshone Riverway Trail Access      |                                      |
| 17 Valley View Park                    |                                      |





# PRESCHOOL & TODDLER PROGRAMS \*6 months to 6 years

## PRESCHOOL LEARN-TO-SWIM LESSONS

Lesson Level	Age	Day	Session Start - End	Cost	Location	Time Start - End	Code
Preschool LTS Level 1 Min 3/Max 6	4 to 5	Mon-Fri	June 17 - 28	\$35	Leisure Pool	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201111-2 201111-3 201111-4
Preschool LTS Level 1 Min 3/Max 6	4 to 5	Mon-Fri	July 8 - 19	\$35	Leisure Pool	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201121-2 201121-3 201121-4
Preschool LTS Level 1 Min 3/Max 6	4 to 5	Mon-Fri	July 22 - August 2	\$35	Leisure Pool	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201131-2 201131-3 201131-4
Preschool LTS Level 2 Min 3/Max 6	4 to 5	Mon-Fri	June 17 - 28	\$35	Leisure Pool	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201112-2 201112-3 201112-4
Preschool LTS Level 2 Min 3/Max 6	4 to 5	Mon-Fri	July 8 - 19	\$35	Leisure Pool	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201122-2 201122-3 201122-4
Preschool LTS Level 2 Min 3/Max 6	4 to 5	Mon-Fri	July 22 - August 2	\$35	Leisure Pool	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201132-2 201132-3 201132-4
Preschool LTS Level 3 Min 3/Max 6	4 to 5	Mon-Fri	June 17 - 28	\$35	Leisure & Main Pools	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201113-2 201113-3 201113-4
Preschool LTS Level 3 Min 3/Max 6	4 to 5	Mon-Fri	July 8 - 19	\$35	Leisure & Main Pools	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201123-2 201123-3 201123-4
Preschool LTS Level 3 Min 3/Max 6	4 to 5	Mon-Fri	July 22 - August 2	\$35	Leisure & Main Pools	8:35 - 9:05 A 9:10 - 9:40 A 9:45 - 10:15 A	201133-2 201133-3 201133-4







# SUMMER PRESCHOOL & TODDLER PROGRAMS

Space is limited in many of these activities so please register your child early to take advantage of the fun! Class descriptions are available on the next page. For more details, call 307/587-0400. Check our Facebook page ([www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter)) for last-minute class updates & changes. Please see program descriptions on page 12.

## TODDLER AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Location	Cost	Code
Cody Youth Soccer - Preschool	4-5 (not in K)	Varies	Aug 26 - Sept 14 REGISTER by Aug 5 No late Registration	---	Varies	Mentock Park	\$25	320260-1
Ooey Gooley (min 3/max 10)	2 to 5	Tuesdays	June 4 - 25	---	10 - 10:45 A	Rec Center Lawn	FREE	210102-1
Parent Tot 1 (min 3/max 12)	6 mos to 1 1/2 yrs	Mon/Tues/Thurs	July 8 - 18	---	10:30 - 11 A	Leisure Pool	\$27	201107-1
Parent Tot 2 (min 3/max 12)	1 1/2 to 3	Mon/Tues/Thurs	July 8 - 18	---	11 - 11:30 A	Leisure Pool	\$27	201108-1
Sports Tykes (min 6/max 15)	3 to 5	Mondays	June 3 - 24 July 8 - 29	---	1 to 1:30 P	Maroon Gym	\$25/\$7 Drop In	210106-1 210106-2
Tiny Tots Kindergarten Prep (min 5/max 12)	4 to 6	Mon/Wed/Thurs	September 4 - 30 October 2 - 31 November 4 - 25 December 2 - 19	PCSD #6 No School Days	8:15 to 11:15 A	Tiny Tots Room	\$115/ Month	310101-1 thru 4
Tiny Tots Kindergarten Prep (min 5/max 12)	4 to 6	Mon-Thurs	September 3 - 30 October 1 - 31 November 4 - 26 December 2 - 19	PCSD #6 No School Days	12 to 3 P	Tiny Tots Room	\$150/ Month	310120-1 thru 4
Tiny Tots Preschool (min 5/max 12)	3 to 4	Tues/Fri	September 3 - 27 October 1 - 29 November 1 - 26 December 3 - 20	PCSD #6 No School Days	9 to 11 A	Tiny Tots Room	\$70/ Month	310100-1 thru 4
Turtle Tales (min 3/max 8)	2 to 5	Tues/Thurs	June 18 - 27 July 9 - 18 July 23 - Aug 1	---	9:15 - 10:15 A	Wet Class & Leisure Pool	\$30/\$9 Drop In	201116-1 201116-2 201116-3
Water Tots (min 3/max 10)	2 to 5	Mon-Thurs	June 17 - 27  July 22 - Aug 1	---	10:30 - 11 A 11 - 11:30 A  10:30 - 11 A 11 - 11:30 A	Leisure Pool	\$30	201119-1 201119-2  201119-3 201119-4

### Tiny Tots Preschool & Kindergarten Prep

First session payment & \$20 materials fee per child are NON-REFUNDABLE class deposits. Children must have met minimum age requirement by September 15, 2018. Vaccination records & proof of child's age are required before attending class.

### Tiny Tots Open House

Come meet our teacher & check out our space where your child will learn & grow!  
Thursday, August 29th  
11 A to 1 P.  
Call 307-527-3495 or e-mail [dcottonware@cityofcody.com](mailto:dcottonware@cityofcody.com) for more details.



# PRESCHOOL & TODDLER PROGRAMS \*6 months to 6 years

## PRESCHOOL CLASS DESCRIPTIONS

- **CODY YOUTH SOCCER ~ PRESCHOOL - REGISTER BY AUGUST 5!** Children 4 to 5 who are not yet in Kindergarten participate in this fun, introductory league! Practices & games will run August 26 - September 14. Late registrants will be put on a waitlist; an additional team will be added **ONLY** if there are enough players. **REGISTER BY AUGUST 5** to ensure your season!
- **OOEY GOOEY** - Tots dive into gooeey fun with hands-on activities with Children's Resource Center staff.
- **PARENT TOT 1** - Parents learn how to support & hold their child in the water, and how to prepare & encourage their child to participate fully in the skills. One child **ONLY** per adult.
- **PARENT TOT 2** - Participants improve on activities from Parent Tot 1 & learn more advanced skills. One child **ONLY** per adult.
- **SPORTS TYKES** - Tykes learn a variety of sports in this action-packed program. We'll focus on throwing, catching, balance, coordination & agility. Come ready for active fun!
- **TINY TOTS KINDERGARTEN PREP** - Students learn about the world around us through thematic units & centers (math, science, art, dramatic play, games & puzzles, reading, writing, songs, sensory stations, & gym activities) & focus on writing names, counting to 100, simple math, sight words & social skills.
- **TINY TOTS PRESCHOOL** - Students learn colors, shapes, numbers & letters, recognizing names, social skills & fine motor skills.
- **TURTLE TALES** - Parents with children too young for swim lessons should try this fun class where kids enjoy a story, arts/crafts, & learn beginning swim skills.
- **WATER TOTS** - This class offers a first-time swimming experience for young ones **WITHOUT** a parent in the water using fun games & toys to help learn beginning swim skills & safety around water.  
*Children must be able to separate from adult.*





# KIDZ ON THE MOVE (KOM) DAY CAMP

June 3 - August 23 \*No camp July 4th!

KOM offers age specific day camps to keep kids engaged & entertained in activities over summer!

**EXPLORERZ** Day camp introduces youth who have completed kindergarten through 2nd grade to the camp experience.

**ADVENTURERZ** Day Camp allows youth who have completed 3rd through 6th grade to take camp to the next level.

**WHEN:** Monday - Friday; 7 A - 5:30 P; No Camp July 4

**WHAT:** Activities include: Sport Shorts, Full STEAM Ahead, Lit is a Hit, Morning Motion, Park Play, Friday at the Movies, Swimming & more!

**WHERE:** Tiny Tots Room inside Rec Center.

**COST:** \$25 registration fee per child. Prepay with punch cards (*can be shared w/ siblings*); \$20/day.

**FOOD:** Light morning snack, lunch & afternoon snack provided daily!

**REGISTRATION:** Packets required for each child BEFORE attending camp. Punchcard & \$25 material fee (per child) due with registration.

**FIELD TRIPS:** KOM heads out of town on Wednesdays to explore Wyoming. Permission slips due MONDAY before each trip to attend. We will enjoy a few recreational & learning activities that will require extra payment, including: River Rafting (\$10), Billings Oasis Water Park (\$6), Billings Zoo (\$4), and Yellowstone Animal Sanctuary (\$4).

**FRIDAY AT THE MOVIES:** \$60 Season Movie Passes are available for purchase at the Front Desk June 3 - 21; An exact \$7 per Friday will be required June 22 - Aug 23.

**JUNIOR COUNSELOR:** Available for youth who have finished 7th to 8th grades. Contact us for info.

**SWIMMING INFO:** Swim lessons for campers are only offered at 8 A. Staff will get checked in campers to and from swim lessons. *No lessons on Wednesdays.*

# AFTER SCHOOL ACTIVITIES PROGRAM (ASAP)

Kidz on  
the Move  
& ASAP



ASAP offers choice based programming for school age youth. Staff foster positive relationships in a safe, fun, friendly & active community. The foundation of ASAP is the Home Court Advantage: **SAFETY** is our #1 priority, we strive for everyone to feel a sense of **BELONGING & VALUE** & we ask everyone to have **COURAGE** to try new things.

**WHO:** Kindergarten to 6th Graders

**WHAT:** Wactivities, Homework help, swimming (Wed & Fri) & other fun events!

**WHEN:** School dismissal until 6 P. NO ASAP when Rec is closed.

**WHERE:** Tiny Tots room in the Rec Center.

**COST:** Prepay with punch cards; \$8.50/day or \$160 for 20 days. Snacks & supplies provided.

**TRANSPORTATION:** From Livingston #5 bus (Lizard) & from Sunset/Eastside #31 (Squirrel).

**REGISTRATION:** Packets are required for each child prior to attending ASAP.

**ATTENDANCE:** Calendars are recommended for best planning. Call/text 307-250-8362 with schedule changes.

## FOR MORE INFO:

Contact Youth Recreation Coordinator, Kym Quinn at [kquinn@cityofcody.com](mailto:kquinn@cityofcody.com) or 307-527-3490.



# LEARN-TO-SWIM LESSONS

*\*6 years & older*

**CHARTER DISCOUNTS DO NOT APPLY TO  
AMERICAN RED CROSS CLASSES!**

## LEARN-TO-SWIM LESSONS

Lesson Level	Age	Day	Session Start - End	Cost	Location	Time Start - End	Code
Learn-to-Swim Level 1 Min 3/Max 7	6+	Mon-Fri	June 17 - June 28	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201211-2 201211-3 201211-4
Learn-to-Swim Level 1 Min 3/Max 7	6+	Mon-Fri	July 8 - July 19	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201221-2 201221-3 201221-4
Learn-to-Swim Level 1 Min 3/Max 7	6 +	Mon-Fri	July 22 - Aug 2	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201231-2 201231-3 201231-4
Learn-to-Swim Level 2 Min 3/Max 7	6+	Mon-Fri	June 17 - June 28	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201212-2 201212-3 201212-4
Learn-to-Swim Level 2 Min 3/Max 7	6+	Mon-Fri	July 8 - July 19	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201222-2 201222-3 201222-4
Learn-to-Swim Level 2 Min 3/Max 7	6 +	Mon-Fri	July 22 - Aug 2	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201232-2 201232-3 201232-4
Learn-to-Swim Level 3 Min 3/Max 7	6+	Mon-Fri	June 17 - June 28	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201213-2 201213-3 201213-4
Learn-to-Swim Level 3 Min 3/Max 7	6+	Mon-Fri	July 8 - July 19	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201223-2 201223-3 201223-4
Learn-to-Swim Level 3 Min 3/Max 7	6 +	Mon-Fri	July 22 - Aug 2	\$35	Pools	8:35 A - 9:05 A 9:10 A - 9:40 A 9:45 A - 10:15 A	201233-2 201233-3 201233-4
Learn-to-Swim Level 4 Min 3/Max 8	6+	Mon-Fri	June 17 - June 28	\$40	Pools	8:35 A - 9:20 A 9:25 - 10:10 A	201214-2 201214-3
Learn-to-Swim Level 4 Min 3/Max 8	6+	Mon-Fri	July 8 - July 19	\$40	Pools	8:35 A - 9:20 A 9:25 A - 10:10 A	201224-2 201224-3
Learn-to-Swim Level 4 Min 3/Max 8	6 +	Mon-Fri	July 22 - Aug 2	\$40	Pools	8:35 A - 9:20 A 9:25 A - 10:10 A	201234-2 201234-3





## AMERICAN RED CROSS LEARN-TO-SWIM PROGRAM

Lesson skills build upon the previous level. If children do not complete all the skills within their level during the session, they will continue in the same level until they have completed all the skills to the correct standard, as determined by their teacher. If you are unsure which level your child should be in, please attend the placement day on June 3 from 5 to 7 P. For more information, please call 307-527-DIVE.

## LEARN-TO-SWIM LESSONS, CONT.

Lesson Level	Age	Day	Session Start - End	Cost	Location	Time Start - End	Code
Learn-to-Swim Level 5 Min 3/Max 8	6+	Mon-Fri	June 17 - June 28	\$40	Pools	8:35 A - 9:20 A 9:25 A - 10:10 A	201215-2 201215-3
Learn-to-Swim Level 5 Min 3/Max 8	6+	Mon-Fri	July 8 - July 19	\$40	Pools	8:35 A - 9:20 A 9:25 A - 10:10 A	201225-2 201225-3
Learn-to-Swim Level 5 Min 3/Max 8	6+	Mon-Fri	July 22 - Aug 2	\$40	Pools	8:35 A - 9:20 A 9:25 A - 10:10 A	201235-2 201235-3



### TEST DAY FOR SWIM LEVEL PLACEMENT

If you are unsure what level your child should be registered in for our Learn-to-Swim lessons have a certified swim instructor evaluate your child's skills on this date for FREE!

**Monday, June 3, 5 - 7 P**

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

Learn new skills or refine current ones with low instructor-to-student ratios. These lessons are available for youth, 3 - 14, and adults (15+) on Mondays - Thursdays, June - August. Private lessons can not be scheduled during group lessons and are dependent upon instructor availability. Contact Aquatic staff at 307-527-DIVE for more info.



# SUMMER YOUTH PROGRAMS \*Kindergarten+

## AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Location	Cost	Code
5th & 6th Volleyball League	Going Into 5th & 6th GR	Mon/Wed	Aug 26 - Oct 30 REGISTER by August 12th; No late Registration	---	4 - 5 P	Blue Gym	\$60	210226-1
5th & 6th Basketball	5th & 6th Boys Girls	Varies	REGISTER by October 7; No late Registration	---	Evenings	Gyms	\$55	320272-1 320272-2
6th - 8th Grade Life Sports (min 12/max 30)	Going into 6th-8th Gr	Mon-Thurs	June 10 - July 25	July 1- 4	Boys, 10 A - Noon Girls, 1- 3 P Includes free lunch Noon - 1 P	Varies	\$75	240299-1 240299-2
Fall Soccer	Going into K-8th	Varies	Sept 14 - Oct 19 REGISTER by August 26; No late registration.	----	Varies	Mentock Park	\$50	320261-1 320262-1 320263-1 320264-1
Friday at the Movies <i>See Pg 19</i>	4+; Younger w/ Adult	Fridays	June 7 - August 23	July 5	1 P	Big Horn Cinemas	\$60 Pass; \$7/ Movie	260000-1
Kidz on the Move <i>See Pg 13</i>	Finished K to 6th	Mon-Fri	June 3 - August 23	July 4	7 A - 5:30 P	Rec Center	\$20/Day	240240-1
Painting Fireworks <b>(NEW!)</b> (min 2/max 10)	5 +	Monday Tuesday Wednesday	July 1 July 2 July 3	---	1 - 2 P	Recreation Center	\$10/class	210372-2
Patriotic Activities & Crafts <b>(NEW!)</b> (min 2/max 10)	5 +	Mon - Wed	July 1 - 3	---	3:30 - 4:30 P	Rec Center	\$40	210372-3







# SUMMER YOUTH PROGRAMS

We've got our own great set of active programs planned for youth age 6 to 16 all summer long! Space is limited in these classes, so please register early! Call 307-587-0400 for details & visit our Facebook page for class updates & changes.

## AQUATIC, ATHLETIC & RECREATION PROGRAMS CONTINUED

Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Location	Cost	Code
<b>Pre-Competitive Training</b> (min 2/max 10)	LTS Level 3, or able to swim 15 yards freestyle	Tues/Thurs	June 18 - July 25	July 2 & 4	8 - 8:50 A	Rec Center Pools	\$45	201301-1
<b>Starts &amp; Turns Swim Clinic</b> (min 3/max 10)	7 +	Thursday	June 20	---	12 - 1:30 P	Main Pool	\$15	201208-2
<b>Stroke Improvement Swim Clinic</b> (min 3/max 10)	7 + Must be able to swim 25 yards	Thursday	June 27	---	12 - 1:30 P	Main Pool	\$15	201208-4
<b>Summer Painting Camp</b> (min 2/max 10)	7 +	M/T/TH	June 17, 18 & 20	---	3:30 - 4:30 P	Rec Center	\$40	270210-1
<b>Summer Basketball</b> (min 8/max 30)	1st - 3rd 4th - 6th	Tues/Thurs	June 4 - 27	---	3 - 3:30 P 3:30 - 4 P	Maroon Gym	\$25/\$7 Drop In	210206-2 210206-3
<b>Volleyball Skills Camp</b> (min 8/max 30)	Going Into 5th - 8th Gr	Mon/Wed/Thurs	July 8 - 31	---	7th & 8th, 8 - 10 A 5th & 6th, 10A - 12P	Blue Gym	\$50	210202-1 210202-2
<b>Sewing Camp</b> (min 2/max 10)	8 +	Mon - Thurs	July 8 - 11	---	2:30 - 4:30 P 3:30 - 4:30 P	Rec Center	\$40	210372-4 210372-5
<b>Youth Equipment Orientation</b> (min 3/max 10)	13 +	Tues - Thurs		---	10 - 11 A	Weight Area	Free; \$15 NM	210279-1 210279-2
<b>Youth Football</b>	K - 1st 2nd - 4th 4th - 6th	Varies	August - October REGISTER BY AUGUST 10; Equipment Handout Aug 10;	---	Evenings	Varies	\$60 Flag; \$150 Tackle	220250-1 220250-2 220250-3





# SUMMER YOUTH PROGRAMS \*Kindergarten+

- **5TH - 6TH GRADE VOLLEYBALL LEAGUE** - The first phase of the season will include clinics aimed at developing or enhancing foundational volleyball skills. In the second phase, players will be put on teams & play league matches. Register by Monday, August 12. League runs Aug 26 - Oct 30.
- **5TH - 6TH GRADE BASKETBALL** - Boys & Girls compete in their own leagues. Register by Oct 7th.
- **6TH - 8TH GRADE LIFE SPORTS** - Youth learn & play different life sports such as bowling, racquetball, horseshoes, putt putt golf & more! Boys' camp meets 10 - NOON; girls' 1 - 3 P, Mondays - Thursdays. Both camps include FREE lunch from Noon - 1 P. Camp excludes the week of July 4th.
- **FALL SOCCER** - Youth hit the fields in this fun league. Players will hear from a coach the week of Sept 3. Games & practices are weather dependent & are held weeknights with two Saturday games (Sept 14 & Oct 19). Shin guards & soccer/baseball cleats required. The success of this league depends on volunteer coaches & helpers. **NO LATE REGISTRATION.** Register by August 26th.
- **PAINTING FIREWORKS** - Bring along something to transform, from t-shirts to canvas totes, and create spectacular, colorful fireworks.
- **PATRIOTIC ACTIVITIES & CRAFTS** - Celebrate the 4th of July in a BIG way! Class utilizes patriotic theme in mix media drawing & painting.
- **PRE-COMPETITIVE SWIM FEEDER PROGRAM** - An introduction to competitive swimming. Participations should have completed Level 3 Learn-to-Swim or be able to swim 15 yards freestyle.
- **SEWING CAMP** - Make your own monster stuffie and learn the process of sewing, from drawing & planning a pattern to a completed project. No prior experience necessary. Supplies are included.
- **STARTS & TURNS, JUNE 20** - Gain a competitive edge or make your workouts more fluid and fun by learning and refining starts and turns.
- **STROKE IMPROVEMENT, JUNE 27** - Improve efficiency through skills and drills. Swimmers must have enough endurance to swim several laps.
- **SUMMER PAINTING CAMP** - Participants create with a variety of paint mediums, from acrylics to water colors, in this fun camp.
- **SUMMER BASKETBALL** - Youth work on developing their court skills & play games.
- **VOLLEYBALL SKILLS CAMP** - Play includes drills & games to improve skills for students entering 5th - 8th grades in the 2019-20 school year.
- **YOUTH FOOTBALL** - K - 1st & 2nd - 4th graders play in flag leagues; 4th - 6th graders play tackle. Fourth graders can choose flag or tackle. Equipment handouts for tackle are at 11 A Saturday, August 10th at Glendale Park. You must have your registration receipt to get equipment.





## WATER FLOAT DAYS

Come splash in the pools with friends & family. Bring your own floaties or enjoy some of ours! FREE for members or a daily entrance fee for nonmembers.

- June 14, 1 to 3 P
- July 19, 1 to 3 P
- August 23, 1 to 3 P



Youth  
Programs  
• 6 to 16



## JULY FUN WEEK IN THE POOL

July 1~ Sprinkler Splash, 1 - 3 P

July 2 ~ Slip-n-Slide, 1 - 3 P

July 3 ~ Yard Games, 1 - 3 P

July 5 ~ Picnic in the Pool Inflatables, 1 - 3 P

FREE for members or a daily entrance fee for nonmembers.

## FRIDAY AT THE MOVIES

Big Horn Cinemas will show a children's movie each Friday this summer. Children younger than 4 are welcome WITH an adult. Popcorn & pop included.

- JUNE 7- TROLLS
- JUNE 14 - PENGUINS OF MADAGASCAR
  - JUNE 21 - DESPICABLE ME
  - JUNE 28 - DESPICABLE ME 2
  - JULY 12 - MINIONS
  - JULY 19 - SING
- JULY 26 - CAPTAIN UNDERPANTS
- AUGUST 2 - THE SECRET LIFE OF PETS
- AUGUST 9 - HOUSE WITH A CLOCK IN ITS WALLS
  - AUGUST 16 - THE GRINCH
  - AUGUST 23 - SURPRISE!



## LITTLE BRONC FOOTBALL CAMP, K +

Join the CHS Bronc football staff & players for a non-contact, high-energy intro to the game at the CHS Football Field! Boys & girls welcome! Register & pay on site at the CHS football field.

WHEN: Tues, Wed, Thurs, July 23 - 25, 2019  
10 to 11 A; \$15 for camp or \$5/day

## Special Events



### FIT 4 FUN

No matter your age, fitness should be a FUN life-long habit. Celebrate the last day of school with a variety of kid's games, family relays & more. The whole family is welcome! This event is sponsored in part by Wal-Mart.

**WHEN:** Thursday, May 30; 2 - 3:30 P

**WHERE:** Recreation Center Gyms

**COST:** FREE!



## REC CENTER 18TH ANNIVERSARY

Time flies when you're having fun! It's hard to believe it's been 18 YEARS since the Paul Stock Aquatic & Recreation Center opened its doors thanks to generous support from the Cody community. Help us celebrate this milestone with a FREE DAY & many other great activities, including FREE breakfast & lunch! It's our way of saying THANK YOU for 18 fabulous years!

**WHEN:** FRIDAY, JUNE 21

**COST:** FREE

## DONNY ANDERSON MINI GOLF PARK

Enjoy a round of golf in the heart of downtown Cody!

**WHERE:** 908 Sheridan Avenue

**HOURS:** 11 A - 9 P

May 28 - September 3

**COST:** \$5/General Admission;  
\$4/Students, CAN Members &  
Rec Center Members;  
\$3/15 & Under.

Call the Rec Center for Group Rates.

For more information, call 587-0400

### MOTHER'S DAY MINI GOLF

Moms can enjoy a FREE round of mini golf!

**WHEN:** Sunday, May 12; 1 - 7 P

**WHERE:** Donny Anderson Mini Golf Park

### FATHER'S DAY MINI GOLF

Dads can enjoy a FREE round of mini golf!

**WHEN:** Sunday, June 16

**WHERE:** Donny Anderson Mini Golf Park

### FAMILY DAY @ MINI GOLF

Families can enjoy a round of putt putt; \$10/family!

**WHEN:** Sunday, August 25

**WHERE:** Donny Anderson Mini Golf Park

**COST:** \$10/family







## RUNNER'S STAMPEDE

*Race day registration closes at 6:45 A*

Get ready to run (or walk) in this fun, non-sanctioned event. 5K run or walk available for ALL ages, plus a 10K run for athletes 13 & older. First place prizes will be awarded in many age categories. **RESULTS WILL BE POSTED & PRIZES CAN BE COLLECTED FRIDAY, JULY 5.**

**THE RECREATION CENTER IS CLOSED TO THE PUBLIC ON THURSDAY, JULY 4!**

**WHEN:** THURSDAY, JULY 4; 7 A

**WHERE:** Begins & Ends at the Paul Stock Aquatic & Recreation Center, 1402 Heart Mountain St

**COST:** \$30; \$40 Race Day Registration

**CODE:** 260004-1

## SUMMER SPRINT TRIATHLON

Join us for the annual summer Sprint Triathlon OUTSIDE at Beck Lake area & celebrate summer! Racers 16 years & older swim approximately 500 yards at the New Cody Reservoir, pedal on dirt for 5 to 6 miles on the great singletrack trails constructed by the Park County Pedalers (*exact course is dependent on weather; road ride option also available*), & run approximately 3 miles on mixed terrain. Compete individually or as a team of 2 to 3 racers.

**WHEN:** Saturday, August 3

**WHERE:** Beck Lake Park

**COST:** \$35/individual; \$70/team by July 21;  
\$15 late fee will be applied to all late entries!

**CODE:** 260003-1



## NFL FITNESS CHALLENGE

Follow your favorite team this fall and earn challenge points for their yards from scrimmage AND your time exercising towards fun prizes!

**WHEN:** September 19 - December 8

**COST:** \$30

**CODE:** 360003-1

**WATCH FOR MORE DETAILS THIS SUMMER!**



Adult class & league participants must be at least 16 years old unless otherwise noted. Contact Ryan Brown at [rbrown@cityofcody.com](mailto:rbrown@cityofcody.com) or call 307-527-3488 for more information. LEAGUES MAY BE CANCELLED IF MINIMUM ENROLLMENT IS NOT MET BY THE REGISTRATION DEADLINE.

## ADULT AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Mtg Date	Time Start - End	Session Start - End	Location	Cost	Code
Adult Stroke Improvement (min 3/max 10)	16 +	Thursday	—	12 - 1:30 P	July 11	Main Pool	\$15	201208-3
Around the Clock Softball Tournament (min 4 teams)	16+	Sat/Sun	—	8 A Sat - 10 A Sun	August 31 - Sept 1	Softball Complex	\$250/Team	260311-1
Co-Ed Softball (min 4 teams)	16+	Tues/ Thurs	Rosters Due June 10; Mtg June 17	Evenings ROSTERS DUE 6/10	July 8 - August	Softball Complex	\$400/Team	---
Fall Women's Volleyball	16+	Monday	Rosters Due Sept 9; Mtg Sept 23	Evenings ROSTERS DUE 9/9	Oct 8 - Varies	Maroon & Blue Gyms	\$175/Team	---

- **AROUND THE CLOCK ONE PITCH CO-ED SOFTBALL TOURNAMENT** - It's 24 hours of softball! Put our teams together for this fun, end-of-summer tournament with a 5 game guarantee. Prizes will be awarded for 1st, 2nd & 3rd places. Concessions available. Camping allowed at fields. Fun for the whole family!
- **ADULT STROKE IMPROVEMENT** - Improve efficiency through skills and drills. Swimmers must have enough endurance to swim several laps.
- **CO-ED SOFTBALL**- Team rosters due June 10; Manager's meeting Monday, June 18 at 6 P. Games will start Monday, July 8.
- **FALL WOMEN'S VOLLEYBALL** - Rosters due September 10, no exceptions. Manager's meeting September 24 at 6 P. Play begins October 8.
- **MEN'S SOFTBALL** - Team rosters due April 30. Manager's meeting April 30 at 6 P. Teams will play at least two games per week on Monday & Wednesday evenings starting May 14 - June 20, followed by a tournament.





# WEEKLY FITNESS CLASS SCHEDULE

A new session of fitness classes begins at the start of each calendar month. Below is a weekly schedule of regular fitness classes offered both on the dry & wet side at the Rec Center. See pages 24 & 25 for additional class information.

**Adult  
Fitness**  
16+



## FIRST CLASS IS FREE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6 to 7 A Drop in Cycle Challenge Kelly <i>*Meets most Fridays*</i>	
6 to 7 A Water Workout Hour  6 to 8 A Fit & Fun Swim Squad Volunteer Coach		6 to 7 A Water Workout Hour  6 to 8 A Fit & Fun Swim Squad Volunteer Coach		6 to 7 A Water Workout Hour  6 to 8 A Fit & Fun Swim Squad Volunteer Coach	
8:30 to 9:30 A Blender Kelly	10 - 11 A Fusion Core Fitness <i>June &amp; August Tiffani</i>	8:30 to 9:30 A Blender Kelly	10 - 11 A Fusion Core Fitness <i>June &amp; August Tiffani</i>		9 to 10 A Body Sculpt Lori
11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour	
12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	
4:30 to 6 P Fusion Dance Fitness <i>June &amp; August Tiffani</i>		4:30 to 6 P Fusion Dance Fitness <i>June &amp; August Tiffani</i>			
6 to 6:45 P Yogilates <i>June &amp; August Tiffani</i>		6 to 6:45 P Yogilates <i>June &amp; August Tiffani</i>			





**BE THE BEST POSSIBLE YOU!** Our fitness staff strives to provide innovative fitness programming for all levels, interests & abilities. Class times & offerings sometimes change due to instructor availability & public interest. We also strive to meet the most current industry trends & at times will add classes. Please check with the Front Desk or contact the Fitness Coordinator, Kelly Serfas Bower, at [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or call 307-527-3487 for the most up-to-date schedule. Adult fitness class participants must be at least 16 years old unless otherwise noted.

# ADULT FITNESS PROGRAMS

Class Name	Age	Day	Time Start - End	No Class	Cost/Session	Location	Time Start - End	Code
<b>Body Sculpt</b> (max 20)	16+	Saturday	June 1 - Aug 24	TBD	Drop In/ Punch Card	MP Room	9 - 10 A	---
<b>Blender</b> (min 6/max 20)	16 +	Mon/ Wed	Monthly June 3 - August 28	Aug 5 Aug 7	\$23 M; \$40 NM	MP Room	8:30 - 9:30 A	231303-1 231303-2 231303-3
<b>Drop In Cycle Challenge</b> (min 1/max 16)	16 +	Friday	June 7 - August 30 * Join the text alert group for class dates*	TBD	Drop In/ Punch Card	Cycling Room	6 - 7 A	---
<b>Fit &amp; Fun Swim Squad</b> (max 20)	High School +	M/W/F	Monthly June 1 - Aug 31	August 5 - 14	Free/ Daily Fee NM	Main Pool	6 - 8 A	---
<b>Fusion Core Fitness</b> (min 6/max 20)	16 +	Tues/ Thurs	June 4 - 27 August 13 - 29	---	\$23 M; \$40 NM	MP Room	10 - 11 A	231305-1 231305-3
<b>Fusion Dance Fitness</b> (min 6/max 20)	14 +	Mon/ Wed	June 3 - 26 August 12 - 28	---	\$28 M; \$45 NM	MP Room	4:30 - 6 P	231302-1 231302-3
<b>H2O Cardio</b> (min 3/max 20)	16 +	Tues/ Thurs	July 9 - August 1	---	\$23 M; \$40 NM	Main Pool	12 - 1 P	201330-2
<b>Lunch Box Variety</b> (min 6/max 20)	16 +	Mon-Fri	Monthly June 3 - Aug 30	July 4	\$40 M; \$58 NM	MP Room, Gyms & Spin Room	12:15 - 12:45 P	231323-1 231323-2 231323-3
<b>Water Workout Hour</b> (max 20)	Adults	M/W/F	Monthly June 3 - August 30	August 5 - 14	Free Members; \$40 NM	Main Pool	6 - 7 A 11 A - 12 P	201313-1 201313-2 201313-3
<b>Yogilates</b> (min 6/max 20)	16 +	Mon/ Wed	June 3 - 26 August 12 - 28	---	\$23 M; \$40 NM	MP Room	6 - 6:45 P	231359-1 231359-3





# FITNESS CLASS DESCRIPTIONS

Adult  
Fitness  
16+



- **BODY SCULPT** - Sculpt your body from head to toe in this full body toning class. DROP-IN ONLY.
- **BLENDER** - A combination of Pilates, barre & traditional strength training to tone the whole body.
- **DROP IN CYCLE CHALLENGE** - Can't go all summer without Cycle Challenge? Get on our text alert list for Friday rides! We will ride most Fridays from 6 - 7 a.m. throughout the summer.
- **FIT & FUN SWIM SQUAD** - Our volunteer coach offers a friendly & fun aquatic training program for all swimming abilities.
- **FUSION CORE FITNESS** - Designed to increase strength, flexibility & balance using weight training along with Pilates & Yoga elements.
- **FUSION DANCE FITNESS** - Move to many different dance formats & music styles to keep things fresh for a full hour of cardio burn.
- **H2O CARDIO** - Take your cardio to the water in this high energy class.
- **LUNCH BOX VARIETY** - Maximize your results in minimum time! This half-hour class is constantly changing to keep your body guessing & the results coming.
- **WATER WORKOUT HOUR** - Volunteers lead exercises as participants work at their own pace in this great low-impact aquatic fitness class. Workout cards provided.
- **YOGILATES** - Enjoy yoga & pilates movements in this short but sweet class of 45 minutes.



## FITNESS CLASS DROP-IN PASSES:

\$5 MEMBERS; \$8 NONMEMBERS

Passes may be purchased individually or in bulk at the Front Desk for any class IF space is available.

## 10 CLASS PUNCH CARDS:

\$40 MEMBERS; \$65 NONMEMBERS

Enjoy classes at your convenience. Sample a variety of classes when it best fits your schedule. Entry into class is available on a first-come basis. Signing up for a class is the ONLY way to insure your spot.





# PERSONAL TRAINING

For more information on any of our Personal Training Services, please contact our Fitness Coordinator, Kelly Serfas Bower, at [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or call 307-527-3487.

**CHARTER DISCOUNTS DO NOT APPLY TO PERSONAL TRAINING OR NUTRITION SERVICES**

## PERSONAL TRAINING

Take your fitness to the next level with programming designed specifically for your unique goals. Want to lose weight? Hoping to gain strength? Or, do you want to improve your heart health or body composition? Our four qualified & certified personal trainers can help you see results & meet your goals! For more details, visit with Front Desk staff or contact our Fitness Coordinator, Kelly Serfas Bower, at 307-527-3487.

ONE-ON-ONE SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$140	\$266	\$399
Nonmembers	\$180	\$342	\$513
HALF HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$80	\$152	\$228
Nonmembers	\$120	\$228	\$342
GROUP SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$210	\$399	\$599
Nonmembers	\$280	\$532	\$798

*\* Groups are two to three people with similar training goals.*





# WELLNESS & NUTRITION SERVICES

For more information on any of our Wellness Services or Senior Programs, please contact our Fitness Coordinator, Kelly Serfas Bower, at [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or call 307-527-3487.



## NUTRITION SERVICES

Work with a Registered Dietician towards healthier habits! Several packages available:

### ONE-ON-ONE NUTRITION COUNSELING

Members ~ \$25/30 minute session  
Nonmembers ~ \$30/30 minute session

### NUTRITION COUNSELING PACKAGE

Three sessions; a one hour assessment & two 30 minute follow up sessions

Members ~ \$75  
Nonmembers ~ \$90

*\* If more sessions are desired, then \$20/30 minute session for up to 3 additional sessions*

The Rec Center offers individualized evidence-based nutrition counseling. Our Registered Dietician can guide you to achieving a positive relationship with food and teach strategies to achieve a healthy, balanced diet. An RD can provide information about general nutrition and wellness, eating healthy on a budget, mindful eating, chronic disease diet plans, food allergies & sensitivities, fueling your body properly and so much more.



## TANITA BODY COMPOSITION ANALYZER

Gain the information you need to optimize your health with the Recreation Center's Tanita Body Composition Analyzer. The noninvasive test provides invaluable information about your health, including body fat percentage, Body Mass Index (BMI), Basal Metabolic Rate (BMR) & much more. Schedule an appointment today with our Fitness Coordinator, Kelly Serfas Bower. Call 307-527-3487 for more information. **Purchase individual tests or buy a Punch Card for 3 tests & get the 4th test FREE!**

<b>Single Test:</b>	<b>\$10 Members</b>
	<b>\$15 Nonmembers</b>
<b>4 Test Punch Card:</b>	<b>\$30 Members</b>
	<b>\$45 Nonmembers</b>

## WYOMING HEALTH FAIRS MONTHLY BLOOD DRAW

Are you looking for more information about the state of your health? Wyoming Health Fairs offers monthly blood draws including a wide variety of tests (complete blood chemistry profile, prostate cancer screening, health risk assessments & more). No appointment necessary although some tests require fasting. Call 307-587-0400 or visit [wyominghealthfairs.com](http://wyominghealthfairs.com) for more details.

**WHEN: 7 to 10 A**

June 12, July 10, August 14 & September 11

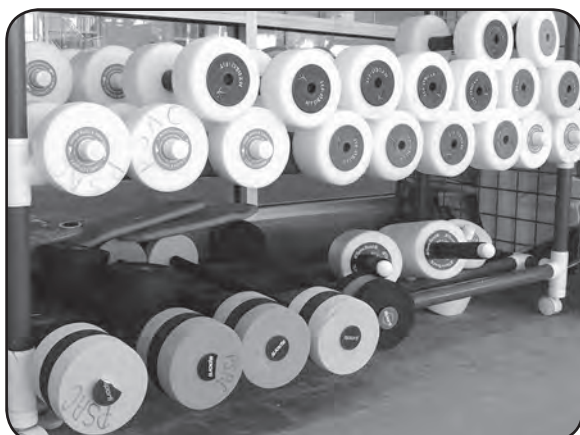
**WHERE: Recreation Center**

**COST: Varies Depending on Tests**



# SAFETY & FIRST AID PROGRAMS

Charter discounts do NOT apply to these American Red Cross classes. For more information on these classes, please contact Aquatic staff at 307-527-DIVE.



## SAFETY & FIRST AID PROGRAMS AMERICAN RED CROSS

Class Name	Age	Day	Registration Deadline	Date	Time Start - End	Cost	Location	Code
<b>Adult &amp; Pediatric First Aid/CPR/AED</b> <i>Blended Learning (min 6/max 12)</i>	---	Tuesday	June 13 July 11 August 15 Sept 12	June 18 July 16 August 20 Sept 17	6 - 8 P	\$90	Online & Wet Classroom for Skills Session	280015-1 280015-2 280015-3 380015-1
<b>Professional Lifeguarding</b> <i>(min 4/max 10)</i>	15 +	Mon-Fri	May 30	June 3 - 7	8 A - 5 P	\$140	Wet Classroom, Conference & Pool	280018-1
<b>Water Safety Instructor Class</b> <i>(min 4/max 10)</i>	16 +	Mon-Fri	June 6	June 10 - 14	8 A - 5 P	\$140	Birthday Party Room & Pools	280016-1

- **ADULT & PEDIATRIC FIRST AID/CPR/AED -** Recognize & care for a variety of First Aid & cardiac emergencies. Certificate is valid for two years. Blended learning course combines online learning & a classroom skills session. Online learning must be completed at least 48 hours before attending class.
- **PROFESSIONAL LIFEGUARDING -** Participants learn teamwork, rescue & surveillance skills, First Aid & CPR/AED, & other skills needed to work as a lifeguard through videos, group discussion & hands-on practice. Two-year lifeguard certification awarded to successful candidates. Prerequisite: Must be able to pass a swim test.
- **WATER SAFETY INSTRUCTOR -** This class certifies successful candidates to instruct American Red Cross Learn-to-Swim lessons.







## COMMUNITY SPECIAL ACTIVITY GROUPS

### 4-H

Extension Office 527-8560

### ABSAROKA FIGURE SKATING CLUB

Karista Low 296-7043

### AMERICAN LEGION BASEBALL

Amber Schroeder 899-0151

### BOY SCOUTS

Andrew Allgeier 307-699-1064

### CITY PARK MINI GOLF

Information 587-0400

### CODY ARCHERY CLUB

Sean Gandy 406-850-0661

### CODY COUNCIL ON AGING

Front Office 587-6221

### CODY GIRLS SOFTBALL

Stacy Kondelis 250-7792

### CODY KOUNTRY AQUATIC TEAM

Amber Boysen 272-3197

### CODY USA WRESTLING CLUB

Nicole Baggs 899-4254

### CODY VOLLEYBALL CLUB

Stephanie Birch 307-708-8009

### CODY YOUTH BASEBALL/LITTLE LEAGUE

Justin Lundvall 272-4399

### CODY YOUTH BOWLING

Pennie Morgan 587-5310

### CODY YOUTH FOOTBALL

Ryan Brown 250-2372

### GIRL SCOUTS OF WYOMING & MONT.

Main Office 800-736-5243

### HEART MOUNTAIN ROLLER DERBY

Heather Rhoeds 899-0896

### HUNTER SAFETY

WY Game & Fish 527-7125

### PARK COUNTY ARTS COUNCIL

Steve Schrepferman 899-6693

### PARK CO. NORDIC SKI ASSOCIATION

Ann Anderson 587-3773

### PARK COUNTY PEDALERS

John Gallagher 272-2953

### PARK COUNTY YOUTH CYCLING

Greg Eckley 899-0679

Werner Noesner 272-1323

### PARK COUNTY YOUTH HOCKEY

Errell Beaudry 307-254-0144

### RILEY ICE ARENA

Office 587-1681

### SLEEPING GIANT SKI AREA

Office 587-3125

### WILD WEST PADDLE CLUB

Andy Quick 587-4659

### YELLOWSTONE FIRE SOCCER

Sterling Christler 250-7566



## CITY OF CODY GOVERNING BODY

City Administrator: Barry Cook

Mayor: Matt Hall

City Council Members:

Justin Baily, Diane Ballard,  
Jerry Fritz, Landon Greer,  
Glenn Nielson & Heidi  
Rasmussen



CITY OF CODY  
WYOMING



## SHOSHONE RECREATION DISTRICT

Board of Directors:

Melissa Allen, Diane  
Ballard, Megan Fox, Sarah  
Mikesell Growney, Tony  
Hult, Jacob Ivanoff, Tom Keegan,  
Jay Nielson, Dossie Overfield, Alan  
Rosenbaum & Rick Stonehouse



## PARKS, RECREATION & PUBLIC FACILITIES STAFF

Director: Rick Manchester;  
[rickm@cityofcody.com](mailto:rickm@cityofcody.com)

Administrative Secretary: Jolene Selk;  
[jo@cityofcody.com](mailto:jo@cityofcody.com)

Aquatic Coordinator: Suzanne Palmer;  
[suzannep@cityofcody.com](mailto:suzannep@cityofcody.com)

Parks Supervisor: Eric Asay;  
[easay@cityofcody.com](mailto: easay@cityofcody.com)

Parks Maintenance Workers:  
Monte Bales, Mike Dams, Tim Latham &  
Gary Wheeler

Recreation & Public Facilities  
Superintendent: Mike Fink;  
[mfink@cityofcody.com](mailto:mfink@cityofcody.com)

Facilities Maintenance Workers:  
Mike Creech, Mark Curless, Janice Grush,  
NJ Pawley & Dale VanDusen

Athletic Coordinator: Ryan Brown;  
[rbrown@cityofcody.com](mailto:rbrown@cityofcody.com)

Fitness Coordinator: Kelly Serfas Bower;  
[kellyb@cityofcody.com](mailto:kellyb@cityofcody.com)

Youth Coordinator: Kym Quinn;  
[kquinn@cityofcody.com](mailto:kquinn@cityofcody.com)

Tiny Tots Instructor: Debbie Cottonware;  
[dcottonware@cityofcody.com](mailto:dcottonware@cityofcody.com)

Recreation Assistant: Kayla Rivers  
[krivers@cityofcody.com](mailto:krivers@cityofcody.com)

Accounting Technician: Cindy Vaughn;  
[cindyv@cityofcody.com](mailto:cindyv@cityofcody.com)

Customer Service Specialist: Jessica Reesy;  
[jreesy@cityofcody.com](mailto:jreesy@cityofcody.com)

Office Assistants:  
Alexa Bowen, Ellen Bowman, Kevin  
Johnson, Noreen Schoonover, Karla Scovel,  
Cindy Selby & Greg Warner





# Rec Center Fun





# RECREATION CENTER

## FACILITY HOURS

*Facility hours effective Memorial Day through Labor Day*

### MONDAY to THURSDAY

5 AM to 9 PM

(POOL HOURS 5:30 AM to 8 PM; FEATURES ON AT 1 PM)

### SATURDAY

8 AM to 6 PM

(POOL HOURS 10 AM to NOON NO FEATURES;  
NOON to 5:45 PM WITH FEATURES)

### FRIDAY

5 AM to 8 PM

(POOL HOURS 5:30 AM to 7:45 PM; FEATURES ON AT 1 PM)

### SUNDAY

Noon to 6 PM

(POOL HOURS NOON to 5:45 PM WITH FEATURES)

### **FREE DAYS 19**

SATURDAY, JUNE 8

FRIDAY, JUNE 21

MONDAY, JUNE 24

SATURDAY, AUGUST 24

### **FAMILY DAYS**

SATURDAY, JULY 13

SATURDAY, SEPTEMBER 14

### **HOLIDAY SCHEDULE & FACILITY CLOSURES**

- MEMORIAL DAY - MAY 27

FACILITY CLOSED

- INDEPENDENCE DAY - JULY 4

FACILITY CLOSED

- ANNUAL FACILITY MAINTENANCE -  
AUGUST 5 - 9

FACILITY CLOSED! (POOLS CLOSED AUG 3 - 14)

- LABOR DAY - SEPTEMBER 2

FACILITY CLOSED



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facebook®

## CONCERTS IN THE PARK 2019

Thursdays at City Park, July 11th to August 29th- FREE!

6:30 - 8:30 PM

July 11 ~ John Roberts Y Pan Blanco ~ *Latin Rhythms*

July 18 ~ Aaron Davis & the Mystery Machine ~ *Bluegrass Variety*

July 25 ~ Amoramore ~ *Bluegrass/Reggae/Rock*

August 1 ~ 10 Cent Stranger ~ *Americana Dance*

August 8 ~ Terra Bella ~ *Country*

August 15 ~ The Dusty Pockets ~ *Soulful Twang Rock*

August 22 ~ Sneaky Pete & the Secret Weapons ~ *Funk/Rock/Jazz*

Annual Ice Cream Social ~ August 29 ~ High Country Cowboys ~ *Country*

*Enjoy local craft & food vendors at each show this summer!*

*Beer garden is hosted by Yellowstone Beer Fest featuring different breweries each show to fund local non-profit groups.*